

# GROUP EXERCISE CLASS DESCRIPTIONS

## DANCE

**Zumba®** – Latin inspired dance class that incorporates international and pop music creating a dynamic, exciting, and effective workout.

**Cardio Dance** – If you love to dance and workout, this class is for you. It starts with 30 minutes of fun and easy-to-follow cardio dance and finishes with strength work to challenge your core and strengthen abs. Suitable for all fitness levels.

### The Groove

a dynamically interactive and creative group dance experience. With great music, your facilitator will UNITE everyone in a simple movement or rhythm but you get to dance it your own UNIQUE way.

## AQUATICS

**Aqua Tabata** – A high intensity aquatic interval class that uses 20 seconds of intense work, followed by 10 seconds of rest or active recovery. Suitable for all fitness levels.

**Cardio Splash** – A deep/shallow moderate intensity combination class that will jumpstart your cardiovascular workout. This class also includes core strengthening exercises and stretching for maximum flexibility and range of motion.

**Hydroburn** – A high-intensity total body workout that will test your limits, get your heart pumping and your muscles moving without the impact on your joints.

**Fluid Movement** – Suitable for every fitness level. This class offers walking and range of motion exercises to increase mobility, flexibility, balance and endurance. Great for participants with joint and mobility limitations. "

## STRENGTH

**Total Body Training** – Class combines challenging strength and cardio exercises in just one workout to strengthen your entire body.

**TRX** – Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously.

## COMBINATION

**Athletic Conditioning** – A cross training workout that combines movements from various sports, boot camp drills, muscle conditioning, and functional movements to improve cardio and muscular endurance and agility.

**Barre** – Combining dance-inspired conditioning, ballet barre training, & the LeBert Equalizer to create a format suitable for every level of exerciser. No dance experience or pink tights required!

**BODYPUMP** – Using light to moderate weights with lots of repetition, A total body workout.

**HITT** – High Intensity Interval Training (HIIT) is a challenging class designed to increase your muscular strength, maximize calorie burn, and blast through plateaus.

**Low Impact Fitness** – Enjoy fun, low-impact exercise as you move through a variety of exercises designed to be easier on your joints and bones.

**Rise & Shine** – This is a combination class with low impact cardio and light-weight intervals. It finishes up with core work on the mat. It is suitable for both beginners and intermediate exercisers with options for higher or lower intensity.

## CARDIO

**BODYCOMBAT** – high energy martial arts-inspired workout that is totally non-contact. Punch and kick your way to fitness. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu.

**Cycle** – A group exercise class done on stationary bikes that includes a variety of cycling techniques and skills to provide a high energy cardio workout.

**RPM** – indoor cycling workout that is fun and low impact, where you control the intensity. Instructor takes you on a journey of hill climbs, sprints and flat riding.

## MIND / BODY

### Gentle Yoga

A yoga class for anyone seeking relaxation. This class will work through the fundamentals of yoga.

### Slow Flow Yoga

a slower pace class where you will learn to combine breathing, flowing postures and meditation in this gentle, but deep approach to Vinyasa yoga.

### Vinyasa Yoga

Students will focus on linking conscious breath with mindful movement, awakening their energy and flexibility. All poses are modified for all levels.

### Yin Yoga

Focuses on strengthening and nurturing the connective tissue. It can be therapeutic and challenging, yet is suitable for the beginner to advanced yogi.

### Power Yoga

An active yoga style that moves more quickly through yoga poses building heat, strength and flexibility. Poses flow together, or are linked with sun salutations.

### Pilates

This conditioning program incorporates strengthening, toning and stretching exercises for a full body workout.

### Tai Chi

Tai Chi is an ancient Chinese practice of moving meditation that stimulates the body's energy flow while deepening one's innate calm. Focus on breath, mind, and body integration for health

### Tai Chi Club

For Tai Chi students that have practiced for over a year. Please contact Sharon Murnane if you are interested in attending any of the meetings.

smurnane49@gmail.com



# GROUP EXERCISE

## MARCH 2024

### HENDERSONVILLE FAMILY YMCA

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**Hendersonville Family YMCA**  
810 W 6th Ave | 828.697.9622  
ymcawnc.org

## RESERVE YOUR SPOT

Required reservations open 26 hours in advance

Scan this code to download the mobile app and get started!



\*\*Reservation is forfeited if not present at scheduled start of class\*\*

## FACILITY HOURS

Mon - Th.	5:30 am - 9:00 pm
Fri.	5:30 am - 8:00 pm
Sat.	7:00 am - 5:00 pm
Sun.	11:00 am - 5:00pm

## INDOOR POOL HOURS

Mon - Th	5:30 am - 8:30 pm
Fri.	5:30 am - 7:30 pm
Sat.	7:00 am - 4:30 pm
Sun.	11:00 am - 4:30pm

## CHILDCARE HOURS

Mon - Fri	8:30 am - 12:30 pm
Mon - Thur	3:45 pm - 8:00 pm
Sat.	8:30 am - 12:30 pm
Sun.	Closed

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:20a <b>FS ∞</b> <b>HIIT</b> Jennifer	5:45-6:30a <b>FS</b> <b>Les Mill's BODYPUMP</b> Jennifer	5:45-6:20a <b>G ∞</b> <b>HIIT</b> Jennifer	5:45-6:30a <b>FS</b> <b>Les Mill's BODYPUMP</b> Jennifer	5:45-6:20a <b>FS ∞</b> <b>HIIT</b> Jennifer		
6:00– 6:45a <b>CS ∞</b> <b>Les Mills RPM</b> Jordan	6:00 – 6:45a <b>G ∞</b> <b>Total Body Training</b> Roxie	6:00– 6:45a <b>CS ∞</b> <b>Les Mills RPM</b> Jordan	6:00—6:45a <b>G ∞</b> <b>Total Body Training</b> Roxie		8:30—9:15a <b>CS ∞</b> <b>Cycle</b> Mary/Rainy	
8:00 - 8:45a <b>G</b> <b>Pilates</b> Linda	8:00 - 8:45a <b>FS ∞</b> <b>Rise and Shine</b> Lee	8:00 – 8:45a <b>G</b> <b>Pilates</b> Linda	8:00-8:45a <b>FS ∞</b> <b>Rise and Shine</b> Lee	8:00– 8:45a <b>G</b> <b>Pilates</b> Wendy	8:30 - 9:15a <b>FS !</b> <b>Les Mill's BODYCOMBAT</b> Ashley/Kate/Allyson	
8:00 - 8:45a <b>FS !</b> <b>Les Mill's BODYCOMBAT</b> Allyson	9:00 - 9:55a <b>O/G !</b> <b>Athletic Conditioning</b> Leo	8:00 – 8:45a <b>FS !</b> <b>Les Mill's BODYCOMBAT</b> Allyson	9:00—9:55a <b>O/G !</b> <b>Athletic Conditioning</b> Leo	9:00—9:45a <b>G ∞</b> <b>TRX</b> Michal Ruth	9:00 - 9:55a <b>O/G !</b> <b>Athletic Conditioning</b> Leo	
9:00—9:45a <b>G ∞</b> <b>TRX</b> Jennifer	9:00 – 9:45a <b>FS ∞</b> <b>Step</b> Kelly	9:00 - 9:45a <b>G ∞</b> <b>TRX</b> Mary	9:00– 9:45a <b>FS ∞</b> <b>Step</b> Kelly	9:00– 9:45a <b>FS ∞</b> <b>The Groove</b> Tina	10:00–10:50a <b>G</b> <b>Vinyasa Yoga</b> Lindsay	
9:00—9:45a <b>FS ∞</b> <b>Cardio Dance</b> Helen	9:00– 9:45a <b>CS ∞</b> <b>Les Mills RPM</b> Kate	9:00 - 9:45a <b>FS ∞</b> <b>Cardio Dance</b> Lee	9:00– 9:45a <b>CS ∞</b> <b>Cycle</b> Carrie	9:00– 9:45a <b>CS ∞</b> <b>Cycle</b> Mary	11:00-11:55p <b>FS ∞</b> <b>Zumba</b> Therese	1:30p-2:30p <b>FS</b> <b>Power Yoga</b> Bill
9:00– 9:45a <b>CS ∞</b> <b>Cycle</b> Mary	10:05—10:50a <b>G ∞</b> <b>TRX</b> Michal Ruth	10:00—10:45a <b>G ∞</b> <b>TRX</b> Mary	10:05—10:50a <b>G ∞</b> <b>TRX</b> Regina	10:00—10:45a <b>G ∞</b> <b>TRX</b> Michal Ruth		
10:00—10:45a <b>G ∞</b> <b>TRX</b> Regina	10:00-10:45a <b>FS ∞</b> <b>Barre</b> Ann	10:00-11:00a <b>FS</b> <b>Les Mill's BODYPUMP</b> Gena	10:00-10:45a <b>FS ∞</b> <b>Barre</b> Ann	10:00-11:00a <b>FS</b> <b>Les Mill's BODYPUMP</b> Christina	<div>EVENTS</div> <ul style="list-style-type: none"><li>Crafting Club Mar 8 from 1p – 3p</li><li>Senior Social Mar 15 from 1p – 3p</li></ul> <div>VIRTUAL GROUP EX</div> <div>Workout ANYWHERE</div> <div><a href="http://ymcawnc.org/virtual-y">ymcawnc.org/virtual-y</a></div>	
10:00-11a <b>FS</b> <b>Les Mill's BODYPUMP</b> Gena	11:00-11:45a <b>FS</b> <b>Les Mill's BODYPUMP Express</b> Ann	11:00-11:55a <b>G</b> <b>Gentle Yoga</b> Regina	11:00-11:45a <b>FS</b> <b>Les Mill's BODYPUMP Express</b> Ann	11:00-11:55a <b>G</b> <b>Gentle Yoga</b> Christina		
11:00-11:55a <b>G</b> <b>Gentle Yoga</b> Regina	11:00 -11:50a <b>G</b> <b>Pilates</b> Lee	12:15–1:10p <b>G</b> <b>Low Impact Fitness</b> Linda	11:00-11:50a <b>G</b> <b>Pilates</b> Lee	12:15–1:10p <b>G</b> <b>Low Impact Fitness</b> Roxie		
12:15–1:10p <b>G</b> <b>Low Impact Fitness</b> Linda	12:00– 12:55p <b>FS</b> <b>Tai Chi</b> Sharon	1:15-2:15p <b>FS/CR</b> <b>Tai Chi Club—Advanced</b> Sharon	12:00– 12:55p <b>FS</b> <b>Tai Chi</b> Sharon	1:15-2:15p <b>FS</b> <b>Tai Chi Club—Advanced</b> Sharon		
1:30-2:30a <b>FS</b> <b>Chair Yoga</b> Regina	1:00-2:00a <b>FS</b> <b>Slow Flow Yoga</b> Regina	1:30-2:30a <b>FS/CR</b> <b>Chair Yoga</b> Regina	1:00-2:00a <b>FS</b> <b>Slow Flow Yoga</b> Regina			
	4:00-4:45p <b>FS</b> <b>Total Body Training</b> Melissa		4:00-4:45p <b>FS</b> <b>Total Body Training</b> Melissa			
5:00-6:00p <b>FS</b> <b>Les Mill's BODYPUMP</b>	5:00– 5:45p <b>FS !</b> <b>Les Mill's BODYCOMBAT</b>	5:00-6:00p <b>FS</b> <b>Les Mill's BODYPUMP</b>	5:00– 5:45p <b>FS !</b> <b>Les Mill's BODYCOMBAT</b>			
5:30– 6:15a <b>CS ∞</b> <b>Les Mills RPM</b> Kate	6:00– 6:55p <b>FS ∞</b> <b>Zumba</b> Therese	5:30– 6:15p <b>CS ∞</b> <b>Cycle</b> Rainy	6:00– 6:55p <b>FS ∞</b> <b>Zumba</b> Helen	5:30– 6:15a <b>CS ∞</b> <b>Les Mills RPM</b> Kate		
6:30p-7:30p <b>FS</b> <b>Yin Yoga</b> Bill			6:30p-7:30p <b>CR</b> <b>Yin Yoga</b> Bill	6:30p-7:30p <b>FS</b> <b>Power Yoga</b> Bill		

## HENDERSONVILLE GROUP EXERCISE SCHEDULE

### MARCH 2024

#### SCHEDULE KEY

Classes in **PURPLE** are Les Mills Classes

Classes in **YELLOW** are new or have changed

Classes in **BLUE** are aquatic classes

**O** Studio O (Turf Field)

**FS** Fitness Studio

**Gym** Gymnasium

**CS** Cycle Studio

**CR** Community Room

**!** High Intensity

**∞** Family Friendly / Kid class

Water Exercise Classes ∞					
MON	TUES	WED	THUR	FRI	SUN
9:10-10a <b>Aqua Tabata</b> Melissa	9:10-10a <b>Hydro burn</b> Doreen	9:10-10a <b>Aqua Tabata</b> Melissa	9:10-10a <b>Hydro burn</b> Doreen	9:10-10a <b>Aqua Tabata</b> Wendy	
10:10-11a <b>Cardio Splash</b> Melissa	10:10-11a <b>Aqua Tabata</b> Melissa	10:10-11a <b>Cardio Splash</b> Melissa		10:10-11a <b>Cardio Splash</b> Melissa	
11:10-12p <b>Fluid Movement</b> Linda		11:10-12p <b>Fluid Movement</b> Linda		11:10-12p <b>Fluid Movement</b> Melissa	1:10– 2p <b>Hydro burn</b> Roxie
	6:10– 7p <b>Hydro burn</b> Roxie		6:10-7p <b>Hydro burn</b> Roxie		